

“Yellow [National Severe Weather Warnings](#) for ice and snow have been issued for parts of Scotland, Northern Ireland, Wales and the east coast and South West England. Showers will turn more wintry with an increasing risk of snow as the week progresses, particularly in coastal areas or over higher ground. There will be widespread frosts with temperatures falling to as low as -10°C overnight in isolated spots by the end of the week.

“More severe weather warnings may be needed as we head through the week. Keep up to date on the [latest weather warnings on our website](#).”

The UK Health Security Agency (UKHSA) has issued a [Level 3 Cold Weather Alert](#) covering England from this evening through to Monday 12th December.

There are some uncertainties around how long this cold spell will last, however, it is expected to stay cold into next week with temperatures remaining well below average for the time of year.

The cold weather will continue through weekend and into next week with sleet, snow and ice still possible, especially along the east coast, while inland it will often be dry with widespread hard frosts and patchy freezing fog.

Met Office Deputy Chief Meteorologist, Jason Kelly, said: “Through the weekend and into next week cold weather will continue, with an ongoing chance of wintry showers, mainly for coasts, and freezing fog patches inland.

“An area of low pressure may then threaten southern and southwestern parts of the UK through mid-week. Confidence in the exact track of this system is low, but should it push precipitation into the UK, then this would readily turn to snow, with a lower chance of freezing rain. How far north the milder air gets is also open to a lot of uncertainty, but for now, many central and northern areas are likely to remain in the Arctic airmass.

There is lots of advice on the [Met Office website](#) on how to prepare for cold weather. Dr Agostinho Sousa, Consultant in Public Health Medicine at UKHSA, said: “Cold weather can have serious consequences for health, and older people and those with heart or lung conditions can be particularly at risk.

“If you have a pre-existing medical condition, you should heat your home to a temperature that is comfortable for you. In rooms you mostly use such as the living room or bedroom, try to heat them to at least 18°C if you can. Keep your bedroom windows closed at night. Wearing several layers of clothing will keep you warmer than one thicker layer.”

RAC spokesman Rod Dennis said: “With temperatures plummeting this week, many drivers might be taken aback by the cold after an exceptionally mild autumn. Our advice is to be winter ready – check tyres are properly inflated and with good tread, while topping up oil, coolant and screen wash levels if needed. Drivers with older batteries in their cars might also wish to give their vehicle a 20-minute drive before colder conditions arrive to ensure the battery can cope with sub-zero temperatures. It’s also worth having a fully-charged mobile phone and carrying a blanket in case of a breakdown to keep warm.”

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